**Unit Two: Social Issues, Technology and Teenagers Name**

**Unit Objectives:**

1. To examine the issue of bullying among teenagers by discussing who it happens to, where, when, and why
2. To discuss the issue of teen suicide and examine tactics for prevention and how to help a friend
3. To discuss the dangers of cellphone use while driving
4. To discuss the impact of technology on a teen’s social, physical and emotional health
5. To examine the influence of technology in one’s life through disconnecting from technology and reflecting

**Assessments: This unit will be assessed with a reflective project**

**Packet: This packet will be collected and assessed as part of the**

**“Unit Packet” component of your overall grade.**

**Homework: You are reminded that if you do not have an assignment completed on the assigned due date (collected or checked) the maximum grade you can receive is a 50 until the end of that unit.**

**Unit Two Syllabus: Social Issues, Technology and Teenagers**

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| --- | --- | --- |
| **Day** | **Lesson** | **Assignment** |
| **9/23** | Intro to Unit 2: Technology: Good or Bad  Cellphone Addiction Quiz  Concerns associated with technology:  Current Events | Read Articles pgs. 4-6 related to cell phone blocking technology/answer ?’s |
| **9/24** | Cellphones and Driving: Statistics  The Last Text: Video and Discussion  Cell Phone Blocking Technology: Good or Bad? |  |
| **9/25 &**  **9/26** | Finish Cell Phones and Driving Discussion  Bullying Statistics: Is It An Issue?  Video: 20/20: Bullied to Death  Discussion: What problems can bullying lead to?  Suicide Awareness and Prevention Discussion | Complete: Drawing your Digital Line T/F on pg. 9 |
| **9/29** | Issues Created by Cell Phones in Relationships  Sexting, Texting, and Privacy  Video: When Privates Go Public  Scenarios Discussion |  |
| **9/30** | Assignment: Project Disconnect |  |

# Why cellphone addiction is now on the rehab menu

By [Dr. Keith Ablow](http://www.foxnews.com/archive/dr-keith-ablow) Published September 25, 2012 FoxNews.com

Nomophobia is a term first coined by British researchers during 2008 to denote people who experienced anxiety when they had no access to mobile technology—such as their mobile phones.

Not only has the term gained acceptance since 2008, a [more recent study of 1,000 individuals](http://www.securenvoy.com/blog/2012/02/16/66-of-the-population-suffer-from-nomophobia-the-fear-of-being-without-their-phone/" \t "_blank) showed that the percentage of people who feared losing their phone had increased from 53 percent to 66 percent.  Those between the ages of 18 and 24 were most dependent on mobile technology.  Seventy-seven percent were uncomfortable away from their phones for more than a few minutes.  Those 25 to 34 were only a bit behind, with 68 percent expressing similar feelings. Anxiety about going phone-less manifests itself in telltale signs.  People who are said to suffer with nomophobia report being unable to turn their phones off—ever.  They worry over running out of battery power.  They constantly check for new emails and text messages and calls, they don’t even want to go to the restroom without their phones.

If this sounds like much to do about nothing, it isn’t.  When human beings feel at a loss without mobile technology to anchor their moods and make them feel safe and content, then they are vulnerable to limiting interpersonal contact that interferes with their access to that technology.  That can mean less outdoor activity, less conversation, less intimacy and less reliance on one’s own fund of knowledge and ability to structure time and tasks. Needing anything in order to feel normal and free from panic—whether a phone or three glasses of wine—is a disability. It should come as no surprise and is a welcome event, therefore, that a leading drug and alcohol recovery center has founded the first recovery group for people suffering with nomophobia.  The group, the brainchild of Dr. Elizabeth Waterman of Morningside Recovery Center in California, helps people recognize the signs and symptoms of their over-reliance on mobile technology, explore the psychological roots of their vulnerability to becoming addicted to it and master emotional, cognitive and behavioral techniques to regain their autonomy. Because people really do need help overcoming it.

While it is clearly not as toxic to one’s lungs or liver as drugs or alcohol, it can be just as toxic to one’s self-determination and relationships and may actually make people more vulnerable to other addictions.  It seems possible, in fact, that mobile technology could be a “gateway drug” that fuels the search for self-defeating, counterproductive anti-anxiety strategies—like using marijuana or alcohol to keep uncomfortable feelings at bay.

|  |
| --- |
| **Problems Created by Technology (at least 10)** |
|  |

**Considering the Impact of Technology on Teens: What issues are technology, specifically cellphones and social networking sites (Facebook, Twitter) causing?** Please consider: physical health, social health/issues, mental/emotional health, financial issues, educational issues, family issues, relationships, etc.

**How is your Technology use impacting your life? Do the stories below relate to you?**

**Please travel to each link below and provide a response to the questions that follow:**

[**http://www.naturalnews.com/042323\_brain\_cancer\_risk\_cell\_phones\_mobile\_devices.html**](http://www.naturalnews.com/042323_brain_cancer_risk_cell_phones_mobile_devices.html)**:**

**1. Summarize the results of the study:**

**2. List 4 things/behaviors a teen could do to reduce risk related to the issue:**

[**http://www.buffalo.edu/news/releases/2014/02/022.html**](http://www.buffalo.edu/news/releases/2014/02/022.html)

1. **What % of pedestrian injuries are attributed to texting and walking, how much has the**

**incidence of injury from cellphones increased from 2004 to 2010, AND who is most at risk?**

1. **What has the city of London done to combat this problem?**

[**http://www.huffingtonpost.com/2011/12/09/children-texting-technology-social-skills\_n\_1137570.html**](http://www.huffingtonpost.com/2011/12/09/children-texting-technology-social-skills_n_1137570.html)

1. **According to the article, what specific issues/situations are teens having problems with due to technology? (List at least 4 things)**

[[he New York Times](http://www.nytimes.com/)](http://www.nytimes.com/)

ByDanielle ElliotCBS NewsApril 7, 2014, 1:49 PM

# Will This Tiny Tool Stop Teens From Texting While Driving?

At the very least, it gives parents god-like knowledge of their teen's driving habits.

The statistics on distracted driving are pretty scary. Just making cellphone calls increases your chances of crashing by four times; sending [text messages](http://topics.nytimes.com/top/reference/timestopics/subjects/t/text_messaging/index.html?inline=nyt-classifier) increases the risk 23 times.

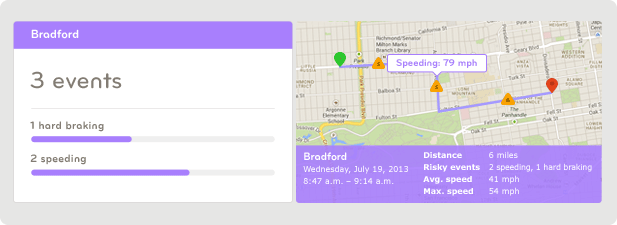
We know this, we get this, but we keep doing it. About half of all teenagers admit to texting while driving, no matter how many statistics and horror stories we pass along to them.

American teenagers aren't as obsessed with driving [as they used to be](http://www.citylab.com/commute/2012/04/why-young-americans-are-driving-so-much-less-their-parents/1712/), but the ones who do get behind the wheel are still far [more dangerous](http://www.cdc.gov/motorvehiclesafety/teen_drivers/teendrivers_factsheet.html) than older drivers. Youngsters between 16 and 19 drive too fast and brake too late. They are especially bad at driving drunk. They also play with their phones too much, which is what prompted New York Governor Andrew Cuomo to approve a plan to reduce texting while driving.

On Wednesday, Cuomo [signed off](http://www.capitalnewyork.com/article/albany/2013/12/8537613/cuomo-oks-insurers-device-nabs-teen-driver-texters) on Esurance's plan to offer a device called DriveSafe free to all Esurance customers. While [there's no shortage](http://mashable.com/2012/12/08/apps-texting-while-driving/) of apps that can disable a driver's smart phone (the [military](http://www.bombjammer.com/) and even [churches](http://www.latinamericanstudies.org/religion/cell-phones.htm) have been jamming cell phone signals for a while now), DriveSafe is a next-level cell phone blocking device, and then some.

The DriveSafe device can be inserted into the onboard diagnostics port of any non-hybrid/electric car made after 1996. The device communicates via Bluetooth with the Esurance smart phone app. Parents can then fine-tune what their kids' phones can do. "Customize block lists so they can't tweet but can still access navigation apps and receive calls from you," Esurance suggests. Or simply disable texting. Parents can literally do anything they want. Regardless of what parents do, the phones will still be able to call 911.

The device not only limits cell phone use, it also tracks every aspect of a teen's drive: how fast they went, how quickly they accelerated, how hard they braked, and where they went. It's basically the one [telematics](http://en.wikipedia.org/wiki/Telematics) device to rule them all.

After a teen has gone for a drive, parents receive a message like this one: 

And what if "Bradford" tries to remove this device from the car? Mother and father get a little note alerting them that Bradford has been bad. Parental spying just got a whole lot easier. Not an Esurance customer? A [device](http://www.cellcontrol.com/) called Cellcontrol\* that can do a lot of the same things.

Teens, get used to it. This is America; someone is going to be spying on you for the rest of your life.

# New apps attempt to stop teens from texting while driving

On June 28, 2007, Bailey Goodman was driving four of her friends to a family vacation house to celebrate their high school graduation. What should have been a weekend of revelry quickly turned tragic, as all five died in a horrendous head-on collision with a tractor trailer. In November 2013, a North Texas teen lost control of her car, fatally crashing into a rock wall. Earlier that year, an Anchorage teenager ran a red light, killing a 27-year-old mother of two.

Hailing from across the country, driving on different roads in different conditions, these teen drivers had one thing in common: according to phone records, they were texting at the wheel. The National Highway Traffic Safety Administration reports that more than 3,300 people nationwide were killed and 420,000 injured in distracted-driving related crashes in 2012.

The statistics have led 43 states and the District of Columbia to make it illegal to text while driving.

But laws haven't been enough to stop the offenders, leaving politicians and private business owners searching for better solutions. April is Distracted Driver Awareness month, and Secretary of Transportation Anthony Foxx recently [launched a campaign](http://www.cbsnews.com/news/scaring-young-drivers-into-putting-down-their-cell-phones/" \t "_blank) to [combat texting and driving](http://www.distraction.gov/content/about-us/message-from-secretary-Foxx.html" \t "_blank).

A pair of entrepreneurial brothers in Florida went another route, creating an app called TXTShield that they say will get people to put down their phones when they're behind the wheel. In Kentucky, Mobile Life Solutions created a similar app called Text Limit.

"If you're driving, it doesn't matter whether you're going to the store or going to Georgia, they should not be texting," TXTShield co-founder Phil Stiles, 54, tells CBS News. "The goal is to change the behavior so when they start driving, they don't even look."

Both apps work with GPS to monitor the speed of the car.

With TXTShield, when a driver reaches a designated speed (they can choose from speeds between 10 and 40 miles per hour, in increments of 5), the app shuts down the phone's ability to text. Incoming texts do not show up on the home screen, and the app sends an automatic response to the person who texted the driver, letting them know that they are driving and will respond later.

"We have such a desire to stay connected, and tech has made it so easy. We almost feel guilty when we don't respond. Auto response - that gives you the peace of mind immediately," says Stiles.

Text Limit goes beyond texting, shutting down the ability to text, call and use the Internet when users reach a designated speed between 30 and 60 mph. The speed is set by an administrator (or parent), but emergency calls to 911 are never blocked.

In the model of TXTShield currently available in Google Play, administrators have password-protected control of the app. Parents can choose the settings on their teen drivers' phones; bosses can even block employees from texting while driving on the job. The administrators get a message if the app is uninstalled. Text Limit lets administrators control the app through a website, and sends a location update every 5 minutes.

In many ways, TXTShield and Text Limit are similar to AT&T drive mode, which comes standard with all AT&T Android and Blackberry phones. Why pay up to $3.99 for an app like TXTShield or $24.99 a year for Text Limit, when AT&T users can just flip a switch on a free setting? Because of that password protection, says Stiles. AT&T doesn't offer this shield. "The child can pick it up and disable it any time they want," he explains.

But password protection could also be a shortcoming with TXTShield, since it can't distinguish between drivers and passengers. The app currently activates anytime a user is in a car traveling at the designated speed, regardless of whether they're in the driver's seat or simply along for the ride.

So, if a user wants to text while sitting in the passenger seat, TXTShield has to be switched off before the car reaches the designated speed. At the moment, only administrators have control of that on/off switch.

How long will it be before parents tire of their teens complaining that they can't access their text messaging while riding along as passengers? It's possible they'll hand over passwords, or that savvy teens will figure out the passwords on their own.

And then, "if indeed they figured out how to get [to the admin screen], yes they could [just turn it off]," Stiles acknowledges.

Once they're turning it off as passengers, will they remember to turn it back on as drivers? As with earlier attempts, like AT&T's drive mode, this becomes an opt-in app.

Even people with the best intentions often stop using self-help apps. There are dozens of apps that claim to help users quit smoking, lose weight, stop yourself from drunk texting. They all have the best intentions, but it's up to the user to actually make the most of them.

The company is working on a new feature that will allow users to access the on/off switch without the administrator's password. Then, if a user switched it off, the administrator - most likely the parent - would get an email alert. It gives control to the user, while still giving the parent the option for a conversation.

More apps will hit the market, more politicians will sign laws against it, but it seems that for now, the best solution may be continuing to educate drivers on the dangers of texting and driving, as Foxx's new national campaign attempts to do.

According to the federal website [Distraction.gov](http://www.distraction.gov/content/get-the-facts/facts-and-statistics.html" \t "_blank), at least 25 percent of teens respond to at least one text message every time they drive, with 20 percent of teens admitting to extended text conversations while driving. Parents aren't much better: 10 percent say they have multi-message text conversations while driving. When drivers under the age of 20 are involved in fatal crashes, 10 percent of them are distracted at the time they crash.

Sobering numbers, but they pale in comparison to the most sobering of all: according to the Insurance Institute for Highway Safety, texting while driving kills 11 teens every day.

**Article Questions: After reading BOTH articles, please answer the questions below:**

**Summarize what each device is, how it works, and what functions it can block/limit:**

**DriveSafe:**

**TxtShield:**

**What happens if the device is tampered with or an attempt is made to uninstall it?**

**DriveSafe:**

**TxtShield:**

**What do you think? Should parents use cell phone blocking technology for their teen drivers? Why or why not? Write a thesis statement (opinion + at least 2 reasons why) and then discuss each point.**

**Bullying Brainstorm: Prior to our class discussion and watching the film “Bullied to Death,” please answer the questions below. Thoughtful answers are appreciated!**

1. In what way (s) is bullying an issue at Gorham High School? - How much of an issue is it?
2. Who are the bullies and who is bullied (groups not specific people):

3. How do you think technology contributes to bullying?

**Bullied To Death: 20/20 Special Report by Dateline**

1. Please write down any general responses/thoughts you have to the film.
2. What are the consequences of bullying---please make a list:

**Group Brainstorming Activity: Issues Related to Suicide in Teens**

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| Please make a list of warning signs that a person may be suicidal: |

|  |
| --- |
| What signs might indicate that the threat is IMMINENT: |

|  |
| --- |
| Imagine a friend tells you today (over facebook and after school) that they have been feeling suicidal lately, make a list of what you would do and what you shouldn’t do.  What to Do:  What Not to Do: |

**Relationships and Technology: Drawing Your Digital Line**

**Please identify each statement below as true or false, then provide a short statement**

**indicating why you feel that way.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_** It is important to set technology boundaries when you enter into a relationship.

(Examples could be: frequency of calls, # of texts sent, using while at dinner, etc.)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ It is ok to check your partner’s cell phone to see who they have been calling and texting.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Giving up your passwords to social media sites is a normal expectation in a relationship.

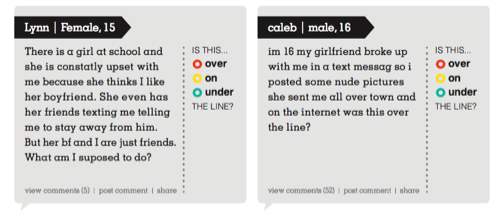
\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sexting is normal in a relationship, it’s what people who are in love do sometimes, so someone shouldn’t

get upset if there partner asks for pictures or videos.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sexting is illegal in some states and can carry serious consequences if a teen is caught.

**Over Exposed: Sexting and Relationships**

Directions: Read the real-life posts from MTV’s “A Thin Line” Campaign below. Vote on whether you think each situation crosses the line or not. Then provide a brief response to each scenario.

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**Technology Reflection:**

**Social Media Sites (**Facebook, Twitter, etc.)

Given that many colleges and employers are examining a person’s Internet use, how important do you think it is to respectfully use these sites as a teenager? How are you representing yourself? Please discuss your thoughts.

**Cell Phone Etiquette:**

Imagine you were a parent of a teenager, what lessons would you teach them about being appropriate AND polite with technology?

What is ONE thing you are willing to do in order to minimize or more appropriately/politely use technology

in your life?

**Technology and Bullying**

Given that almost 60% of high school students report being bullied online, and 20% of those seriously considered

committing suicide, what thing can you do to be part of the solution to this ongoing problem?